

Boot Camp



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BOOT CAMP!

Timings	Activity	Materials	Detail	Person in Charge (OPI)
FRIDAY 6pm- 7:30pm	Girls arrive Registration	<input type="checkbox"/> Binders with SG paperwork <input type="checkbox"/> Pens <input type="checkbox"/> Medication Forms <input type="checkbox"/> Ziplock bags <input type="checkbox"/> Labels for meds <input type="checkbox"/> Storage Box for meds	<ul style="list-style-type: none"> ● 1 table per branch ● Two Guiders per table (one to check paperwork, one to receive meds) ● Ensure meds are in ziplock bags and labeled, complete paperwork for dosage. ● Guiders to assist with settling girls in sleeping areas. 	Registrar Sparks: _____ Brownies: _____ Guides: _____ Paths: _____
	Tents erected / gear organized	<input type="checkbox"/> Tents <input type="checkbox"/> Pegs <input type="checkbox"/> Tarps	<ul style="list-style-type: none"> ● Designate space for each group (Pathfinders, Guides, Leaders) 	Guides: _____ Paths: _____
	Gathering Activity: Spider Dogs at Campfire	<input type="checkbox"/> Bucket of water <input type="checkbox"/> Hot Dogs <input type="checkbox"/> Roasting sticks <input type="checkbox"/> Ketchup <input type="checkbox"/> Napkins	<ul style="list-style-type: none"> ● Quartermaster bring out food supplies. (suggest a wagon available to transport supplies throughout weekend) 	Quartermaster: Food Guiders/ Ranger: Monitor campfire _____ _____
7:30	Opening Remarks	<input type="checkbox"/> Notes	<ul style="list-style-type: none"> ● Introduce Key Personnel ● Important Buildings Mess Hall Latrines First Aid ● ERP/ Emergency Meet Area ● Boundaries (Road, Lake, Tree Line) ● Rules (hats, buddy system) ● Where to find info posted? ● What will tomorrow look like? Other?	

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7:45	Craft: Tie Dye T-shirts (green/ brown for "camo")	EACH STATION: <input type="checkbox"/> t-shirts <input type="checkbox"/> 3 basins <input type="checkbox"/> vinegar <input type="checkbox"/> hot water <input type="checkbox"/> dye (brown, dk green, lt green) <input type="checkbox"/> elastics <input type="checkbox"/> sharpie <input type="checkbox"/> gloves <input type="checkbox"/> tongs <input type="checkbox"/> rope <input type="checkbox"/> clothes pins <input type="checkbox"/> newspaper/ dropcloth <input type="checkbox"/> Lysol wipes for cleanup	<ul style="list-style-type: none"> ● 6-8 stations ● Set up during registration ● Guiders clean up their station at end 	Set Up _____ #1 _____ #2 _____ #3 _____ #4 _____ #5 _____ #6 _____ #7 _____ #8 _____
8:15	Mug Up	<input type="checkbox"/> Dishwashing station for mugs	<ul style="list-style-type: none"> ● Prepare area for dishes to be hung 	Quartermaster 1 Quartermaster 2
8:30	Sparks settle			Guiders supervise own unit
	Night Game	<input type="checkbox"/> Flashlights <input type="checkbox"/> Rules/ Game Pieces	<ul style="list-style-type: none"> ● Ensure game is set up prior to arrival 	Guider: _____
9:30	Quiet time	<input type="checkbox"/> Board Games <input type="checkbox"/> Cards	<ul style="list-style-type: none"> ● Invite to play games quietly in Barn 	Set Up: _____
10:30	Guides / Paths in tents			Guiders supervise own unit
	Officer's Mess		<ul style="list-style-type: none"> ● All Guiders in dining hall for Mocktails and music 😊 ● Clarify any concerns for next day ● Debrief registration process ● Create Patrols/ nominate Captains ● All activities prepped with signage ● Bag lunches prepped for Saturday 	

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Sat 7:30-8:45am	Breakfast	<input type="checkbox"/> Dishkits <input type="checkbox"/> Garbage bags/ containers for Sanitation Station <input type="checkbox"/> Basins / Hot Water <input type="checkbox"/> Soap <input type="checkbox"/> Javex <input type="checkbox"/> Washclothes	<ul style="list-style-type: none"> ● Girls get served from counter. ● Dish basins and Sanitation Station set up ● Garbage/ Compost Station set up ● Wash dishes and hang up and return to sleeping area cabin to prep for day 	Quartermasters Dish Station: _____ Garbage/ Compost Station: _____
9:00	Inspection and Promotion	<input type="checkbox"/> Pins for Captains <input type="checkbox"/> Inspection Sheets	<ul style="list-style-type: none"> ● Campfire area ● Divide into patrols 	Guiders Inspect own units
9:15	Briefing of activities	<input type="checkbox"/> Notes	<ul style="list-style-type: none"> ● How to rotate. ● Signal 	Activity Leaders
9:30	STATION 1 Obstacle Course	<input type="checkbox"/> tires <input type="checkbox"/> rope <input type="checkbox"/> tent pegs <input type="checkbox"/> balance beam <input type="checkbox"/> flagger tape <input type="checkbox"/> Scout's bridge? <input type="checkbox"/> tunnel	<ul style="list-style-type: none"> ● Girls will take turns running through the obstacle course. ● Activity Leaders will instruct/ accompany girls to Station 2 	Activity Leaders: _____ _____
10:00	STATION 2 Facepaint & Photo Booth	<input type="checkbox"/> facepaint (black, green, brown) <input type="checkbox"/> Q-tips <input type="checkbox"/> baby wipes <input type="checkbox"/> garbage bag <input type="checkbox"/> mirrors <input type="checkbox"/> costumes <input type="checkbox"/> Gary's duck blind stuff <input type="checkbox"/> Camera <input type="checkbox"/> Paper/pen to email photos	<ul style="list-style-type: none"> ● Girls will paint their faces and dress up in costume to take photos. ● Activity leaders will take photos and girls info to email the pics ● Activity Leaders will instruct/ accompany girls to Station 3 	Activity Leaders: _____ _____

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10:30	STATION 3 Minefield	<input type="checkbox"/> blindfolds <input type="checkbox"/> rope <input type="checkbox"/> tent pegs <input type="checkbox"/> Frisbees/ squeezer toys	<ul style="list-style-type: none"> Girls will take turns being blindfolded and led through the minefield by following the direction of a partner on the outside of the playing field. Activity Leaders will instruct/ accompany girls to Station 4 	Activity Leaders: _____ _____
	Snack and hydration		<ul style="list-style-type: none"> Distributed to groups while in activities Will ensure girls have a drink of water/refill bottles if necessary Reapply sunscreen 	Guiders: _____ _____ _____
11:00	STATION 4 Kims Game & Cupcake Decorating	<input type="checkbox"/> Blanket <input type="checkbox"/> various army themed items <input type="checkbox"/> pen/paper <input type="checkbox"/> Camo cupcakes (online recipe) <input type="checkbox"/> icing <input type="checkbox"/> popsicle sticks <input type="checkbox"/> baby wipes	<ul style="list-style-type: none"> Girls split into 2 groups for 15 minutes of decorating cupcakes and 15 minutes of playing memory "Kim's Game" Activity Leaders will instruct/ accompany girls to Station 5 	Quartermaster to prepare cupcakes. Activity Leaders: _____ _____
11:30	STATION 5 Field Medics	<input type="checkbox"/> Blanket <input type="checkbox"/> Backpack with various first aid items <input type="checkbox"/> instructions for splints/ stretchers <input type="checkbox"/> GPS with coordinates <input type="checkbox"/> radios <input type="checkbox"/> popsicle sticks <input type="checkbox"/> baby wipes	<ul style="list-style-type: none"> Girls will use the GPS to find a casualty. They will keep radio contact with Activity Leaders. Working as a group, they will apply the necessary first aid and transport the casualty back to the Activity Area. Activity Leaders will instruct/ accompany girls to Station 6 	Activity Leaders: _____ _____ _____
12noon	Lunch Break	<input type="checkbox"/> pre-packaged "rations" (bagged lunches)	<ul style="list-style-type: none"> Girls will receive their rations from the Quartermaster. Everyone must keep their milk containers for a later activity. 	Quartermasters Guiders supervise own units Garbage/ Compost: _____

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12:30	STATION 6 Paracord Bracelets	<input type="checkbox"/> cord <input type="checkbox"/> clasps <input type="checkbox"/> scissors <input type="checkbox"/> instructions <input type="checkbox"/> card of cord uses	<ul style="list-style-type: none"> • Girls will make their own paracord bracelets. Guides are encouraged to help Brownies and Sparks. • Activity Leaders will instruct/ accompany girls to Station 7 	Activity Leaders: _____ _____
1pm	STATION 7 Grenade Toss	<input type="checkbox"/> Buckets of water <input type="checkbox"/> sponges <input type="checkbox"/> hula hoops <input type="checkbox"/> empty cans/ various targets <input type="checkbox"/> cards with point system <input type="checkbox"/> stopwatch	<ul style="list-style-type: none"> • Girls will race against the clock to collect as many points as possible using wet sponge grenades to hit targets. • Activity Leaders will instruct/ accompany girls to Station 8 	Activity Leaders: _____ _____
1:30	STATION 8 Dog Tag Necklace & Camp Hat craft	<input type="checkbox"/> Dog Tags <input type="checkbox"/> sharpies <input type="checkbox"/> stick on gems <input type="checkbox"/> letter punching stuff <input type="checkbox"/> charms <input type="checkbox"/> safety pins <input type="checkbox"/> beads	<ul style="list-style-type: none"> • Girls will race against the clock to collect as many points as possible using wet sponge grenades to hit targets. • Activity Leaders will instruct/ accompany girls to Station 1 	Activity Leaders: _____ _____
2pm	Swim opened		<ul style="list-style-type: none"> • Swim schedule to be determined • Small pools available for non-swimmers 	
	Individual branch specific time		<ul style="list-style-type: none"> • Areas dedicated to branch specific activities /program completion activities • Guiders are encouraged to bring their own supplies for program/ badge completion 	Guiders supervise own units
	Reading Tent	<input type="checkbox"/> Tent <input type="checkbox"/> pillows <input type="checkbox"/> books <input type="checkbox"/> puzzles		
	Gadgets	<input type="checkbox"/> twine <input type="checkbox"/> sticks, sticks and more sticks <input type="checkbox"/> broken hockey sticks <input type="checkbox"/> anything else that can be a stick		
	Flower Planting	<input type="checkbox"/> milk cartons from lunch <input type="checkbox"/> soil <input type="checkbox"/> seeds <input type="checkbox"/> fun foam stickers to decorate		

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	Pathfinders – prep for moving camp	<input type="checkbox"/> food <input type="checkbox"/> shelter <input type="checkbox"/> fuel <input type="checkbox"/> personal gear	<ul style="list-style-type: none"> ● Girls will pack up and depart camp to set up shelter along the hiking trail. ● Prepare supper on own ● Return to camp by 9am Sunday 	
3:00	Snack			Quartermasters Sanitation Supervision: _____
5:30-6:30	Supper	<input type="checkbox"/> Dishkits <input type="checkbox"/> Garbage bags/ containers for Sanitation Station <input type="checkbox"/> Basins / Hot Water <input type="checkbox"/> Soap <input type="checkbox"/> Javex <input type="checkbox"/> Washclothes	<ul style="list-style-type: none"> ● Girls get served from counter. ● Dish basins and Sanitation Station set up ● Garbage/ Compost Station set up ● Wash dishes and hang up 	Quartermasters Sanitation Supervision: _____
6:30	WIDE GAME: Capture the Flag	<input type="checkbox"/> 2 Flags <input type="checkbox"/> Trail tape to mark teams <input type="checkbox"/> Boundaries	<ul style="list-style-type: none"> ● Divide group into 2 teams ● Give instructions 	
	Barn Open for activities	<input type="checkbox"/> Board Games <input type="checkbox"/> Cards <input type="checkbox"/> Crafts????		
7:30	Campfire	<input type="checkbox"/> Bucket of Water <input type="checkbox"/> Songbooks <input type="checkbox"/> Marshmallows <input type="checkbox"/> chocolate <input type="checkbox"/> graham crackers <input type="checkbox"/> roasting sticks	<ul style="list-style-type: none"> ● Campfire area: bring sit-upons, camp blankets, singing voices ● Invite Paths to return from their site. ● S'mores after campfire (8:15pm) 	Quartermaster prep snack Campfire Leader: _____
8:30	Sparks settle			Guiders supervise own unit
	Night Game	<input type="checkbox"/> Flashlights <input type="checkbox"/> Rules/ Game Pieces	<ul style="list-style-type: none"> ● Ensure game is set up prior to supper 	Guider: _____
9:30	Quiet time	<input type="checkbox"/> Board Games <input type="checkbox"/> Cards	<ul style="list-style-type: none"> ● Invite to play games quietly in Barn 	Set Up: _____
10:30	Guides in tents			Guiders supervise own unit

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	Officer's Mess		<ul style="list-style-type: none"> ● All Guiders in dining hall for Mocktails and music ☺ ● Clarify any concerns for next day ● Debrief stations 	
Sun 7:30-8:30am	Breakfast	<input type="checkbox"/> Dishkits <input type="checkbox"/> Garbage bags/ containers for Sanitation Station <input type="checkbox"/> Basins / Hot Water <input type="checkbox"/> Soap <input type="checkbox"/> Javex <input type="checkbox"/> Washclothes	<ul style="list-style-type: none"> ● Girls get served from counter. ● Dish basins and Sanitation Station set up ● Garbage/ Compost Station set up ● Wash dishes and hang up and return to sleeping area cabin to prep for day 	Quartermasters Dish Station: _____ Garbage/ Compost Station: _____
9am	Paths return to site Strike Camp	<input type="checkbox"/> Signage/ Tarp for each unit <input type="checkbox"/> Garbage bags <input type="checkbox"/> broom/ mop <input type="checkbox"/> water bucket/ washcloth <input type="checkbox"/> Javex <input type="checkbox"/> gloves <input type="checkbox"/> list for who has what	<ul style="list-style-type: none"> ● Girls pack belongings and stack as unit ● Ensure all buildings areas are cleaned out Sparks: lodge Brownies: cabins Guides: tents and barn Paths: tents and dining area Quartermasters: kitchen <ul style="list-style-type: none"> ● Garbage Sweep of grounds ● Trash removal to bins at end of parking lot. ● Distribute District gear for return to shed and record who has what. 	Guiders supervise own unit
10:00	Closing Ceremony	<input type="checkbox"/> Notes	<ul style="list-style-type: none"> ● ALL attend – suspend all packing and activity 	
10:30	Paths and Rangers depart	<input type="checkbox"/> OnTree paperwork	<ul style="list-style-type: none"> ● On Tree – pending available transportation. ● Pick up lunch tote, pack all gear into vehicles. 	Drivers: _____ _____ _____
11:00	Parents arrive/ Girls depart	<input type="checkbox"/> medications <input type="checkbox"/> first aid reports <input type="checkbox"/> receipts	<ul style="list-style-type: none"> ● First Aider provides medication to parents along with summary of any first aid reports. ● Unit Guiders distribute tax receipts to parents ● Leaders may depart after sleeping quarters have been cleaned and unit girls have left. 	Guiders supervise own unit
12 noon	Camp is Empty!		THANK YOU for your time!!	